



# THE LANTERN



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~APRIL 2023~

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*NEWS OF THE PARISH OF ST ANDREW'S BREDFIELD*

## CORNERSTONE OF THE COMMUNITY



### Cutoff for MAY issue:

15<sup>th</sup> APRIL 2023

Please submit entries to

*Alison Cannard*

[lantern.bredfield@gmail.com](mailto:lantern.bredfield@gmail.com)

01473 737707

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## FROM OUR MINISTRY TEAM

You can tell that Easter is coming, as the supermarket shelves are stacked with hot cross buns and chocolate Easter eggs. When it comes to Easter eggs, what type is your favourite? Do you like Cadbury's cream eggs, sugar coated mini eggs, Malteser eggs or chocolate bunnies?

Hot cross buns and Easter eggs have long been associated with the Easter hope because of the messages that they convey and the new life that they represent.

As you bite into your hot cross bun, think about all that it signifies. Marked with a cross on the top, and traditionally eaten on Good Friday, the cross reminds us of Jesus crucifixion and death, dying for our sins. The orange peel similarly indicates the bitterness of Jesus death on the Cross, and the spices signify of the spices used to embalm his body.

In the same way, eggs have long been associated with Easter hope by the way that they suggest new life. Although there is no reference in the Bible to any kind of egg, the custom goes back to the early days of Christianity, with the egg symbolising new life and the empty tomb from which Jesus was resurrected. Christians adopted the tradition of dyeing or painting eggs, and from this custom commercialised chocolate eggs (often hollow inside) were later created.

Christian hope is found not in an egg shell but in the empty tomb, and the miracle of Easter is at the centre of the Christian faith. The empty shell of a boiled egg, or an egg from a chick that has hatched, is a powerful reminder of Jesus' empty tomb.

This Spring, it is impossible to buy free range eggs because of Avian Flu, and all birds must be kept in sheds to protect them from this fatal

disease. What a reminder this is of the fragility of our natural world, as well as our fragile and broken nature of humanity! Yet Christians know that because of the physical resurrection of Jesus, we have an unshakeable hope, whatever we are facing personally or globally.

What does Easter mean to you? We have heard the story so many times that it can lose its impact. So, as you eat a chocolate Easter egg, with an empty and hollow centre, think about the empty tomb and miracle of the resurrection.

I do hope that you can join us for our Easter services as we think more and celebrate the miracle of the Resurrection.

- Palm Sunday, 2<sup>nd</sup> April: We remember Jesus' journey to the Cross, beginning with a procession from the Village Hall (starting at 10am) to the Church.
- Good Friday, 7<sup>th</sup> April: We focus on Jesus' death on Good Friday with an 'Hour at the Cross' service of music, readings and reflections (starting at 2pm).
- On Easter Saturday, 8<sup>th</sup> April: join us we have an amazing Easter Egg hunt around the churchyard. All welcome!
- On Easter Sunday, 9<sup>th</sup> April: Come and celebrate Jesus' resurrection (10am) in the church.

As you bite into your hot cross bun or Easter egg, think about the unshakeable hope that we have because of Easter.

Happy Easter!

*Charles*

*(Rev Charles Trefusis)*

### **BREDFIELD PRAYER CIRCLE**

The Bredfield Prayer Circle is a group of Parishioners united in prayer for the needs of our community. The Prayer Circle operates in confidence. It does not discuss your requests but simply includes your needs with their private prayer. Please give just a first name and enough details to make your request meaningful to those who will be praying with you. If you are in need of prayer, or praying yourself, and would like the prayer of others please contact Anne Ackerley 01394 384805 or Alison Cannard 01473 737707.

## **DIARY DATES**

### **Easter at St Andrew's**

Do join us for our Easter services – **everybody is welcome!**

**Palm Sunday, 2<sup>nd</sup> April** We will begin our Palm Sunday service with the traditional procession from the village hall car park to the church, starting at **10.00am**.

For a time of quiet reflection, there will be **An Hour at the Cross** at **2pm** on **Good Friday, 7<sup>th</sup> April**.

Bring the family for a **Family Easter Egg Hunt** in the churchyard on **Saturday 8<sup>th</sup> April at 2.00pm**

We will celebrate **Easter Day, Sunday 9<sup>th</sup> April**, with a communion service at **10.00am**.

### **St Andrew's PCC AGM (APCM) 16<sup>th</sup> April**

**Sunday 16<sup>th</sup> April at 10.00am** in the church. There will be a short Service of the Word at 10.00am, followed immediately by the APCM. All welcome. Those on the Church Electoral Roll are eligible to vote at the APCM (please contact John McCarthy as soon as possible if you wish to be added (01473 737276)).

### **LITTER PICK – FRIDAY 21<sup>ST</sup> APRIL 9.30am**

Come and help keep Bredfield looking beautiful by joining a litter pick on **Friday 21<sup>st</sup> April**. Meet at the **church at 9.30**.

If you are able to, please bring gloves, a litter-picking stick, something hi-vis and a strong bin bag. We will walk around Bredfield collecting rubbish for an hour to an hour and a half. Refreshments will be served in the Church Room afterwards.



### **SAVE THE DATES!**

We are holding a special service to celebration the **King's coronation** on **Sunday 7<sup>th</sup> May at 10.00am**. There will be suitably celebratory refreshments afterwards!

Our annual **Beating the Bounds walk** for Rogation will take place on **Saturday 13 May**. Meet outside the village hall at **2.00pm**.

**Bredfield Church Fete** will be held on **Saturday 3<sup>rd</sup> June**

# Family Easter Egg Hunts!

**Saturday 8th April**

**10:30am**

**St John's Church  
Woodbridge**

**2:00pm**

**St Andrew's Church  
Bredfield**



**Both  
followed by  
refreshments**

**Fun for all  
the family!**

For more  
details contact  
Clare Johnston  
on 01394 383162  
or at  
[clare@stjohnswoodbridge.org.uk](mailto:clare@stjohnswoodbridge.org.uk)

# **Dallinghoo Car Boot Sale**

**Village Hall IP13 0JX 10:00-1:00**



**Set up from 9:30. Pitches 20ft<sup>2</sup> £10.00**

**Prior booking & payment essential**

**Call: 01473 737700**

**Payment to:**

**<https://www.justgiving.com/campaign/dallinghoochurch>**

**Tea & coffee**

**Plant and Cake Sale!**

## **NEWS FROM BREDFIELD**

### **Goodbye to Tonya, Maks and Katya**

Dear Bredfield,

Tonya, Maks and Katya have made the difficult decision to go back to Ukraine to be with their father/husband. They will always be grateful for the kindness shown to them by the village. They were offered a home by a lovely family in Ufford and we are grateful that they had a choice to make. We pray for their safety.

With the generous donations made just before Christmas which totalled an incredible £1661, we were able to buy 7 inverters, kindly sourced at cost by Ollie Taylor of Ivy Solar who very kindly topped up the funds to ensure we could buy 7 not 6. Dave, a resident of Hadleigh, makes regular trips to Ukraine to take supplies and has taken the inverters free of charge.

Thank you to all those who supported with donations for the inverters, clothes for the family, lifts into Woodbridge and Ipswich, helped finding work and offered cups of tea and conversation.

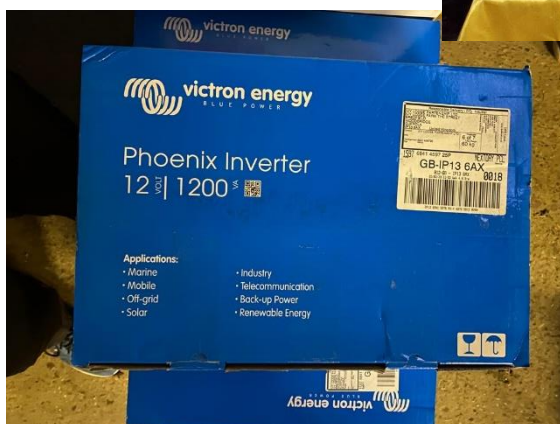
Bredfield is the best small village every year.

The Bradshaws

### **A message from Tonya:**

We got four inverters on Saturday. The other three David will deliver when he succeeds. Our volunteer group is grateful to everyone who joined this donation. You all help us bring victory closer. And today these four inverters were transferred to the military. Thank you very much for all.





## **We Live Here: Bredfield**



### **Spring PHOTO Project**

**“I live here: my first year, and now”**

#### **Why this project, why now?**

Since first finding our home here in 2016, I have been fascinated with both the history of our house and village life. More recently I have been wondering how I can increase my contribution to community life and assist the village recorder, Ann Pilgrim, to capture significant information about our village and us as its inhabitants.

The concept of this resulting project is to invite all in Bredfield to share information about our village and our relationship to it (history social, historical, topographical etc.), including aspects of our homes or workplaces in Bredfield – essentially sharing in the present to uncover the past in a pictorial and digitalized record, and with potential for replication across neighbouring villages.

So, fellow Bredfielders - hunt out your photos, write a simple short story and email them to the dedicated email address below. The umbrella project name (We Live Here: Bredfield) will head up two or three small, formulated photo-based and theme-led activities across the year, which together build a bigger picture and narrative as shared by us as community inhabitants.

Over a period of time, the activities could form a broad historical record to reflect the lives of us as Bredfield inhabitants and our relationship to our village space and place of living.

#### **So, if you are**

**Proud** to live in Bredfield, our award-winning village

**Curious** about the lives of the people who live/d around you, and would

**Like to share** your experience through photos, please

**Email your photos** using Medium message size 715KB:

1 – of your house when you first moved in, and

2 – of your house now - **and your brief story** (less than

**by 31<sup>ST</sup> MARCH** to [Welivehere.Bredfield@gmail.com](mailto:Welivehere.Bredfield@gmail.com)

**No photography or computer wizardry required! Need help with taking and emailing photos or story? Drop a text or call me on 07941 359 644.**

**Not quite sure what to submit? Here's a sneak preview example of our photo of Aster Cottage in our first year (with the "now" photo to follow....)**

**And an example of the story.....**

Kev and I moved into Aster Cottage in November 2016. We had spent a lot of time in Suffolk over 20 plus years prior to this and had been searching for the right place for us both for most of 2015. We both still worked full time – Kev in Colchester and me in North London - and so could only enjoy Aster and Bredfield



at weekends or in holiday time. Leaving on Sundays became more and more difficult. When the first Covid lock down caused us to pull out from a planned holiday in March 2020, and our work became remote/furloughed, we hunkered down at Aster and happily made this our home serendipitously sooner than we had expected.

When we first arrived, it seemed that every service we needed to make to the house was that same price! The cooker cleaned? £50. The chimney swept? £50. The alarm serviced? £50! Those days have definitely disappeared! And since 2016, the changes we've made have been mostly to the garden, general decoration, including the external colour of the house, replacement of the soffits and fascias and some additional secondary glazing of some of the windows.

**We love Bredfield!**

***Julie Crabb***



*Courtesy of: British Association For Music Therapy / International Awareness Days*

The World Federation of Music Therapy launched the World Music Therapy Awareness Day in 2016 to celebrate music's ability to heal people. Music Therapy can address physical, emotional, cognitive and social needs for people with disabilities or mental issues.

In the history of humanity music has always held a crucial place; 5,000 BC the Egyptian priest-physicians were using it for healing purposes and in 400 BC Hippocrates was playing music to his patients. In fact, numerous cultures globally such as native doctors and shamans use incantations, musical chants and dances to cure people. Possibly because music provides a total brain workout, just listening to music can reduce anxiety, blood pressure and pain; as well as improve sleep quality, mood, mental alertness and memory.

Since the 20<sup>th</sup> century Music Therapy has been widely recognized as an established psychological clinical intervention and is especially

effective for those who have difficulty communicating verbally. Although music transcends all backgrounds and all ages, it has been found to provide (in Britain at least) that extra supportive interaction to help babies bond with their parents or to help those who feel isolated for example the elderly with dementia.

To some ways my window display is an extension of the brain workout having a 1970's psychedelic feel backdrop and various combinations of diverse instruments. The Monkey/Raven Hawaiian Guitar duo, the Dog Tamborine groovy guy, The Bunny Percussion Panpipes/Triangle twins, the Sheep Australian Digerdoo duo and finally the Foxy Bodhrán Drum brush basher- Boom Boom!

Hoping you have harmony in your life

*Lindsay*

### **100 Club Winners**

<b>1st Prize</b>	No. 83 J. Boswell
<b>2nd Prize</b>	No. 35 L. Rolph

**Want to know what's happening in the village? Check out the website  
<http://bredfield.onesuffolk.net>**

**For regular info updates- join our MailChimp email group. Email Anne Henderson - [henny@dircon.co.uk](mailto:henny@dircon.co.uk) and she will add you to the MailChimp list**

**Want to know about the Village Hall and Bredfield Wildlife Friendly Village – check out <https://www.bredfieldvillagehall.org.uk>  
<https://bredfieldwfv.org.uk>**

## **IMPORTANT – VOTER ID REQUIREMENT**

The Government has introduced a requirement for voters to show photo ID when voting at a polling station at some elections.

This new requirement will apply for the first time at the local elections (which include East Suffolk) taking place on Thursday 4 May 2023.

This will require voters to produce a form of photo ID – you will be able to use any of the following –

- Passport
- Photocard Driving Licence
- Identity card with PASS mark (*Proof of Age Standard Scheme*)
- Biometric immigration document
- Force's identity card
- Certain concessionary travel card
- Blue badge card
- Certain national identity cards

If you don't have an accepted photo form of ID – or if you doubt that your photo still looks like you, you can apply for a Voter Authority Certificate. You can apply for this on-line at : [voter-authority-certificate.service.gov.uk](https://voter-authority-certificate.service.gov.uk)

Alternatively, you can complete a paper application form and send this to the electoral services team at your local council.

If you have any questions or would like to find out more, go to [electoralcommission.org.uk/voterID](https://electoralcommission.org.uk/voterID), or call their helpline on 0800 328 0280.

For more information on which forms of photo ID will be accepted, visit [electoralcommission.org.uk/voterID](https://electoralcommission.org.uk/voterID) or call their helpline on 0800 328 0280.

**NO ID – NO VOTE !**

## BREDFIELD CHURCH FETE 2023

2022 saw the return of Bredfield Church Fete following a long interruption due to Covid. Three years of silence over the grounds of the Old Rectory were broken by the sound of the barrel organ and people flocked in even greater numbers to enjoy a quite exceptional occasion. Now, by kind permission of Mr & Mrs D'Arcy, we're doing it again!!

Please put **Saturday 3<sup>rd</sup> June** in your diaries now. Over the next few weeks don't throw anything away that you think we might be able to sell! Remember one person's cast-off is another's treasure.

We also need **help**.....

We need help **in the week before** the fete to sort donated goods  
We need help **the day before** and on the morning of the fete to set up stalls, games and gazebos

We also need help (over a few days!) **afterwards** to help clear everything away

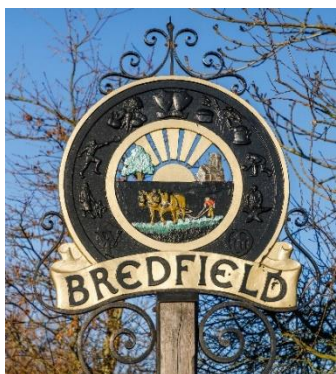
Of course, **on the day**, we need as many people as we can to man the 40+ stalls and games

You are very likely to be approached in person but if you already feel able to give any of your time to assist us, please text your name and contact details either to Janie 07801 252725 or Andrew 07770 406222 or email Janie [janiehome@btinternet.com](mailto:janiehome@btinternet.com)

Please look out for fete updates in May's Lantern!

## April/May Services at St. Andrew's

<b>Sunday 2<sup>nd</sup> April</b> <b>PALM SUNDAY</b> <i>Starting at village hall</i>	<b>Holy Communion</b> <i>Rev Bill Herbert &amp; Roger Ackerley</i>	<b><u>10.00am</u></b>
<b>Friday 7<sup>th</sup> April</b> <b>GOOD FRIDAY</b>	<b>An Hour at the Cross</b> <i>Rev Sally Gaze</i>	<b><u>2pm</u></b>
<b>Sunday 9<sup>th</sup> April</b> <b>EASTER SUNDAY</b>	<b>Holy Communion</b> <i>Rev Bill Herbert</i>	<b><u>10.00am</u></b>
<b>Sunday 16<sup>th</sup> April</b>	<b>Service of the Word and APCM</b> <i>Rev Charles Trefusis</i>	<b><u>10.00am</u></b>
<b>Sunday 23<sup>rd</sup> April</b>	<b>Holy Communion</b> <i>Rev Bill Herbert</i>	<b>9.15am</b>
<b>Sunday 30<sup>th</sup> April</b>	<b>Service of the Word</b> <i>Roger Ackerley &amp; Rev Sally Gaze</i>	<b>9.15am</b>
<b>Sunday 7<sup>th</sup> May</b> <b>CORONATION</b> <b>CELEBRATION</b>	<b>Holy Communion</b> <i>Roger Ackerley &amp; Rev Bill Herbert</i>	<b><u>10.00am</u></b>
<b>Sunday 14<sup>th</sup> May</b> <b>ROGATION</b>	<b>Service of the Word</b> <i>Rev Charles Trefusis</i>	<b>9.15am</b>
<b>Sunday 21<sup>st</sup> May</b>	<b>Holy Communion</b> <i>Rev Charles Trefusis</i>	<b>9.15am</b>
<b>Sunday 28<sup>th</sup> May</b> <b>PENTECOST</b>	<b>Service of the Word</b> <i>Rev Charles Trefusis</i>	<b>9.15am</b>



**RECTOR:** Rev Charles Trefusis

**CHURCHWARDEN:** Vacant.

**For all enquiries regarding St Andrew's, contact St John's church office on:**

[info@stjohnswoodbridge.org.uk](mailto:info@stjohnswoodbridge.org.uk)

Or 01394 383162

[www.stjohnswoodbridge.org.uk](http://www.stjohnswoodbridge.org.uk)

<http://bredfield.onesuffolk.net>